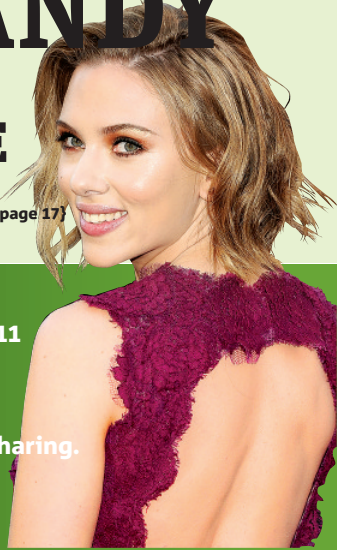
THE NEW AGE OF MANSCAPING TURNS BACK THE CLOCK {page 18}

BIDDING FAREWELL TO BACHELORHOOD BRO THROWS PRINCE WILLS A BASH {page 8}

ARM CANDY

SCARJO'S WEDDING DATE TURNS HEADS {page 17}



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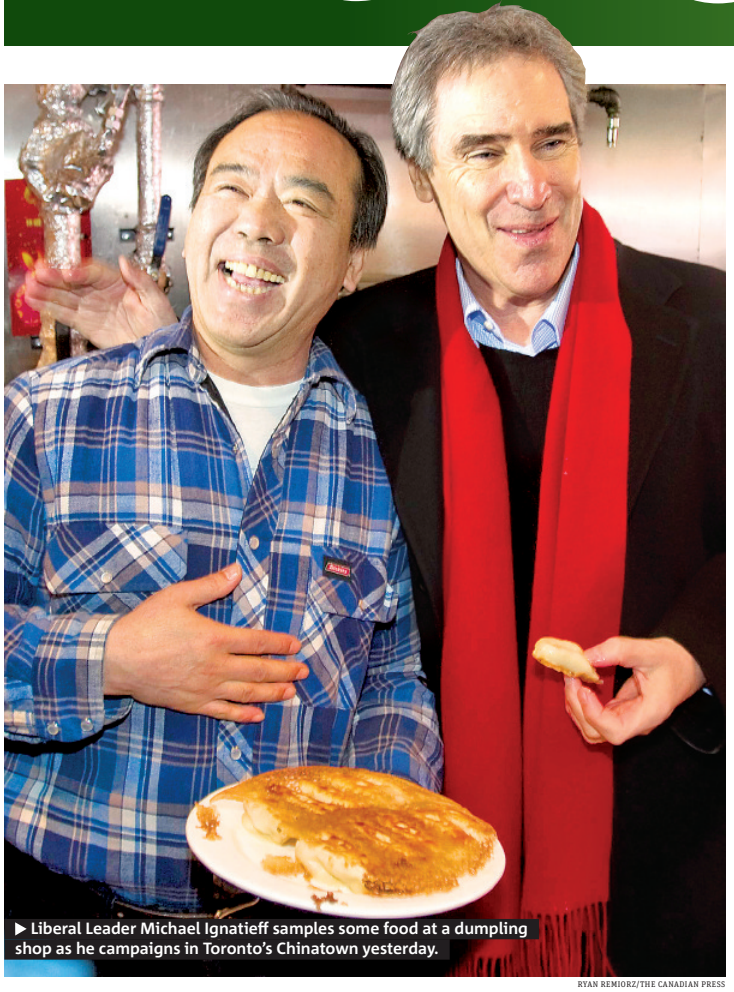


▶ Liberal Leader Michael Ignatieff samples some food at a dumpling shop as he campaigns in Toronto's Chinatown yesterday.

RYAN REMIORZ/THE CANADIAN PRESS

Leaders get down to business

Tories promise tax break — when books are balanced ◗ Last week's lame-duck budget projected deficit will be gone in 2015-16 ◗ Policy would benefit single-income households with stay-at-home spouse: Economist

It took a weekend of mudslinging but Canada's 41st general election campaign climbed out of the sandbox yesterday and started focusing on policy.

Prime Minister Stephen Harper was in B.C. promising a tax break of up to $1,300 for two-parent families, albeit several years from now — and provided the government manages to balance the budget.

The $2.5-billion scheme would allow spouses with children younger than 18 to split household income up to $50,000 in order to fall into lower tax brackets.

Harper said the tax code currently treats families like "roommates living under the same roof with no financial attachment ... That's not fair."

In Toronto, Liberal Leader Michael Ignatieff dismissed the Conservative tax promise, saying families are being put "at the back of the line" behind big business. He also argued that Tory spending priorities such as corporate tax cuts, stealth fighter jets and prison expansion would leave a shortfall when the federal-provincial accord on health care expires in 2014.

Bloc Québécois Leader Gilles Duceppe said if the Conservatives were serious about the family-income-splitting plan, it would have been included in last week's federal budget.

NDP Leader Jack Layton said Harper has already rejected far more practical measures to help families.

THE CANADIAN PRESS

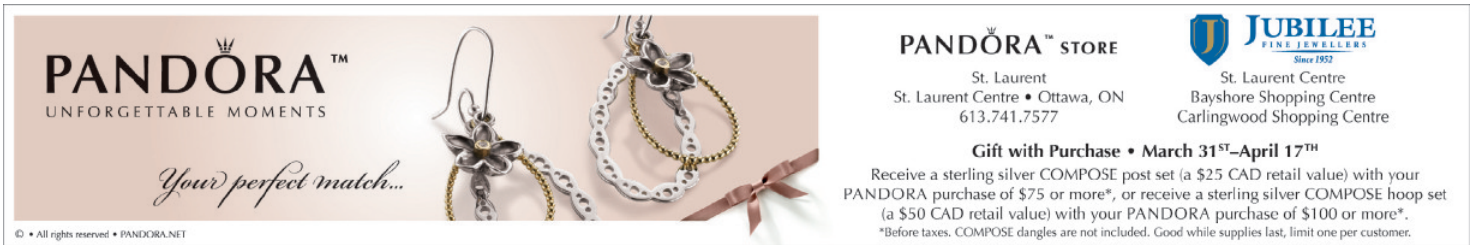
"You come up to a family and say, 'I've got good news! First, I'm going to cut taxes for the biggest and most profitable corporations in the country. And then maybe in five years, if you take a ticket and you're patient and you vote for us a couple times, come back and we'll do something really great for you.' Is that credible? It's just not credible." LIBERAL LEADER MICHAEL IGNATIEFF ON THE PROPOSED TAX BREAK

'Sweet girl' mourned

Man facing murder charge in death of Jessica Riopelle {page 3}

Radiation leak escalating

New discovery at Japan's crippled nuclear plant {page 10}



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‘She didn’t deserve this’

Jessica Riopelle was always willing to help, always there for her friends.

“On Christmas Eve she invited me over to her mom’s house for a bonfire. She knew I was alone, knew I didn’t have anyone to spend Christmas with,” said Ashley Lynn Diotte, a friend of Riopelle’s since high school. “She was a very sweet girl. One of those people who’s just always been there for me.”

Shocked by her friend’s killing, Diotte said she first became aware something was wrong on Saturday night when people began contacting her to find out if she had heard from Riopelle.

Then she saw the media reports the following day.

“It’s kind of a scary thing,” Diotte said.

She last saw Riopelle on a visit last month and said her best friend seem to be doing well.

“She had gone through a lot of stuff,” Diotte said. “She didn’t deserve this.”

Jessica’s friend Kelty Melita said Jessica’s death was a blow to the close knit circle of friends who mostly hail from Orleans. On March 17 they also lost Jessica’s friend Scott Ledoux to a stabbing at a house party.

“She had a big heart, and always looked out for her friends, this is a real tragedy for all of us ... so unexpected.

“We’ve lost two friends in the past two weeks, two genuine people, gone forever.”

SEAN MCKIBBON

MIKE CARROCCETTO/FOR METRO

▶ A police cruiser sits outside the Saadé International Hotel where the body of Jessica Riopelle, 23, was discovered by police.

Man faces murder charge in slaying

- Bank Street motel slaying of young woman is city’s fourth homicide
- Riopelle was ‘a firecracker, bringing light to almost any situation,’ says friend

JOE LOFARO
@METRONEWS.CA

The alleged killer of 23-year-old Jessica Riopelle didn’t say very much yesterday morning when he spoke before a justice of the peace via telephone from a jail cell.

Patrick Dunac, 34, faces a second-degree murder charge in the slaying of Riopelle, whose body was discovered by police Saturday night in a Bank Street south motel room.

Dunac said he understood the charges laid against him and has been ordered to appear in court tomorrow for a psychiatric assessment. He was also ordered not to communicate with several people, including members of Riopelle’s family, and George Saade, the owner of the complex where Riopelle was found.

A handful of cars were parked outside the Orleans home of Riopelle’s mother yesterday afternoon. Family members declined to comment.

Meanwhile, Riopelle’s friends also mourned her loss.

“She is forever young and will be forever missed,” said Tina Lavergne, one of Riopelle’s friends.

On Friday, Riopelle texted Lavergne to come see her dance at a strip club Saturday night. Police discovered the exotic dancer’s body shortly after 8:40 p.m. Saturday inside Saade International Inn. The building is also connected to Diamonds Cabaret strip club and a Chinese restaurant.

She said Riopelle was a beautiful person who was always willing to help others. Riopelle also created a memorial page on Facebook after her friend, Scott Ledoux, was stabbed to death on St. Patrick’s Day.

Lavergne said Riopelle was a tough girl and went through a lot in her 23 years.

“Now she can rest, now she’s free,” she said.

1 news

Japan’s nuclear crisis highlights alarming gaps in radiation treatment. Scan code for story.

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Allan Small on why it’s investors that determine stock market strength, not headlines. More at metronews.ca/investing.

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Riding out the 'boarding dream

Seven-year-old topped his age group in boarder cross, slope-style and pipe at Burton U.S. Open this month ATV learned to board at Mont Tremblant

STEVE COLLINS
@METRONEWS.CA

SUBMITTED

Up-and-coming snowboarder Aidan Ty Vallati (ATV).

A little over a year after he first strapped on a snowboard, seven-year-old Aidan Ty Vallati, better known as ATV, is already making a big impression on the slopes here at home and in the States.

One season in, he's picked up sponsorship from snowboard manufacturer Burton and ranked number one in his age category in the boarding hotspot of South Vermont. Today, he's headed for Copper Mountain, Colorado, to compete in the Nationals against top snowboarders from across the U.S.

Along the way, ATV, who's been dreaming of snowboarding since he was four, has met many of his heroes, including Canadian champs Charles Reid and Luke Mitrani, American Scotty Lago and Japan's Kazu Kokubo.

Still on his must-meet list are Shaun White, Terje Haakonsen and Iouri (Ipod) Podladtchikov.

He hopes someday to follow in their tracks to the Olympics.

"It's super fun and just a great sport," he said.

City council approves water rate increase

Water rates are set to rise 3.9 per cent this year, with similar annual hikes to water bills expected until the end of the current council's term in 2014.

The increase, passed yesterday by the city's environment committee, was lower than the seven per cent increase originally projected by city staff and the nine per cent annual increases of the past three years.

Dixon Weir, the city's environmental services manager, credited higher than expected water consumption, which boosted revenues, and savings found within the department, with keeping costs down.

Weir said water and sewer replacement projects that involve roadwork, because they are funded from both water rates and taxes, could be delayed in future years if property tax increases are kept at 2.5 per cent.

290M litres of drinking water are delivered every day through city pipes.

Environment committee chair Maria McRae said that taking money from other tax-funded projects or passing small tax increases specifically for water infrastructure replacement were possible solutions.

"I think we need to talk to the community about this," she said.

STEVE COLLINS

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Budgeting for better education, economy

Tory Leader Tim Hudak criticizes Premier Dalton McGuinty for failing to deliver on last year's cost cuts

Finance Minister Dwight Duncan says today's budget will include funding for 60,000 new post-secondary spaces by 2015-16.

The move will cost the province about $309 million once the plan is fully implemented.

Duncan says a better-educated workforce will help improve Ontario's economy.

He's vowed to protect education and health care ahead of the fall election, warning that the Opposition Conservatives will slash public services.

Meanwhile, Ontario's opposition leaders have been hammering Premier Dalton McGuinty ahead of today's red-ink budget.

Conservative Leader Tim Hudak says McGuinty hasn't been able to keep his promises on freezing public sector wages or streamlining agencies.

He says both cost-cutting measures — outlined in last year's budget — are badly off the rails and show that the Liberals are lousy fiscal managers.

NDP Leader Andrea Horwath took aim at corporate tax cuts, saying big business is getting a break when families are still struggling to pay rising household bills.

McGuinty wouldn't reveal what's in the budget, but says he won't eliminate the deficit by slashing public services like the previous Tory government.

The budget, which is expected to outline $1.5 billion in savings over three years, will set the stage for the Oct. 6 provincial election.

THE CANADIAN PRESS

Taxes

- **Ontario taxpayers** are on the hook for millions of dollars for shutting down the eco fee program introduced last July and then quickly cancelled, Environment Minister John Wilkinson confirmed yesterday.
- **The province** expected it would cost $8 million a year to keep six key items targeted by the eco fees — fire extinguishers, syringes, medications, rechargeable batteries, products with mercury and compact fluorescent light bulbs — out of landfills.

DARREN CALABRESE/THE CANADIAN PRESS

▶ Ontario Minister of Finance Dwight Duncan arrives for a press conference in advance of the 2011 Ontario Budget at Ryerson University in Toronto yesterday.

Relationship cap aims to curb marriage fraud

The Harper government has quietly proposed people coming to Canada to join their partner must stay in the relationship for two years or more before being formally granted permanent residence.

The planned regulatory move is a federal bid to stamp out fraudulent marriages used to dodge immigration laws.

Under the proposal, a partner from abroad who has been in a relationship with the Canadian sponsor for less than two years would be granted only "conditional permanent residence."

THE CANADIAN PRESS

Troops pay respects to fallen soldier

More than 1,000 troops bid farewell to Cpl. Yannick Scherrer, the first Canadian soldier to die in Afghanistan this year, during an overnight ramp ceremony at Kandahar Airfield.

The 24-year-old Montreal native was on a foot patrol when he was killed Sunday.

THE CANADIAN PRESS

DND-HO/ THE CANADIAN PRESS

▶ Cpl. Yannick Scherrer

Lawyer apologizes for 'disgraceful' acts

Winnipeg Lawyer Jack King said he was sorry for pressuring a client eight years ago to have sex with King's wife, now a judge, as he pleaded guilty yesterday to professional misconduct.

But he directed most of the apology at his wife, Queen's Bench Justice Lori Douglas, who is being investigated by the Canadian Judicial Council over the incident and is no longer hearing cases.

"My behaviour was disgraceful," he said at a hearing at the Law Society of Manitoba.

"To my wife, I can never apologize enough."

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Up. Up and away

▶ Frenchman Alain (Spiderman) Robert climbs up the 828-metre-tall Burj Khalifa, the world's tallest tower, in Dubai, United Arab Emirates, yesterday.

KAMRAN JEBREILI/THE ASSOCIATED PRESS

Hanging by a thread in Dubai

Just before sunset yesterday, French skyscraper climber Alain Robert — who calls himself "Spiderman" — started to pull his way up the side of the world's tallest tower in Dubai. The 48-year-old daredevil successfully completed the climb in just over six hours, using a rope and harness to comply with organizers' requirements.

What happens at a royal stag stays at ...

Prince William avoids the press as he bids farewell to single life with secret bash Party was reportedly thrown by his brother and best man, Prince Harry

Far from the cameras of the U.K.'s voracious press, Prince William bid his single life goodbye in a bachelor party reportedly held in eastern England over the weekend.

Palace officials confirmed yesterday only that the stag party had taken place.

The Daily Telegraph, which broke the news, said the prince and about 20 friends attended a weekend party thrown by Prince Harry, possibly at an estate in Norfolk owned by the father of one of the guests.

"It has happened ... We are not giving any details."
PALACE SPOKESWOMAN

The paper said the guests had been sworn to silence, quoting Thomas van Straubenzee, one of the likely partygoers, as saying: "I'm very sorry but I have got to keep it a secret. I hope you understand."

The British media has also speculated often about Middleton's bachelorette party plans, with one tabloid reporting that her sister Pippa will be throwing a Dirty Dancing-themed bash at the family home in the wealthy English village of Bucklebury.

THE ASSOCIATED PRESS

Alleged Libyan rape victim being held hostage: Parents

Parents of a Libyan woman who claimed she was detained by Moammar Gadhafi's troops and later gang raped said in interviews aired yesterday that their daughter is being held hostage at the Libyan leader's compound in Tripoli.

Iman al-Obeidi made headlines when she rushed distraught into a Tripoli hotel on Saturday, seeking to tell foreign reporters about her rape. She was tackled by waitresses and government minders and dragged away from the site in an ensuing melee.

In interviews broadcast yesterday on satellite Al-Jazeera Television, al-Obeidi's parents countered government claims that their daughter had been set free after the hotel incident and was now with a sister in the Libyan capital. They also countered allegations of a government spokesman who had said she is a prostitute.

The parents said al-Obeidi is a lawyer and that she is now being held at Gadhafi's compound in Bab al-Aziziya in the capital.

THE ASSOCIATED PRESS

JEROME DELAY/THE ASSOCIATED PRESS

▶ Iman al-Obeidi

Closing in

Rebel forces fought their way yesterday toward Moammar Gadhafi's hometown of Sirte, a key government stronghold guarding the road to the capital Tripoli.

- The rebels have now recaptured all the territory they lost over the past week and are not closer than ever to Sirte — within 100 kilometres.
- Sirte, where a significant air and military base is located, was hit by airstrikes Sunday night and yesterday morning, witnesses said, but they did not know what was targeted.
- Sirte's fall to the rebels would largely open their way to move on Tripoli, 400 kilometres to the northwest.

Raid sparks deadly blast in Yemen

Yemen's chaos deepened yesterday when people looting a munitions factory set off an accidental explosion that killed at least 78 in an area torn from government control by Islamist militants.

The militant seizure of the factory and nearby towns amplified Western fears that the fragile Yemeni state could deteriorate quickly because of President Ali Abdullah Saleh's standoff with an opposition coalition of youth groups, military defectors, clerics and tribal leaders calling for his ouster.

THE ASSOCIATED PRESS

Italian port blocked in protest

Exasperated Italian fishermen towed empty boats seized from illegal immigrants across the entrance of Lampedusa's harbour yesterday to try to prevent any other vessels carrying North Africans from reaching the tiny island in the Mediterranean Sea.

Other islanders overturned garbage bins to protest the relentless arrival of illegal immigrants, including many now coming from Libyan shores.

More than 3,000 new migrants have arrived in the last three days alone on the island of 5,000 residents. THE ASSOCIATED PRESS

Dissent spreads in Syria

Syrian president Bashar Assad wavered between cracking down and compromising yesterday as thousands of protesters in a southern city defied security forces who fired tear gas to disperse them.

The southern city of Daraa — parched by drought, rural and impoverished — has become the flashpoint for 10 days of anti-government protests in a country that has a history of brutally crushing dissent. At least 61 people have been killed since March 18, according to Human Rights Watch.

THE ASSOCIATED PRESS

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Race to limit contamination

Japanese work to contain effects of leaking radiation on soil and seawater ◗ Final death toll from March 11 earthquake and tsunami expected to top 18,000

Workers discovered new pools of radioactive water leaking from Japan's crippled nuclear complex, officials said yesterday, as emergency crews struggled to pump out hundreds of tons of contaminated water and bring the plant back under control.

Officials believe the contaminated water has sent radioactivity levels soaring at the coastal complex and caused more radiation to seep into soil and seawater.

Crews also found traces of plutonium in the soil outside of the complex yesterday, but officials insisted there was no threat to public health.

Plutonium — a key ingredient in nuclear weapons — is present in the fuel at the complex, which has been leaking radiation for over two weeks, so experts had expected some to be found once crews began searching for evidence of it this week.

Tokyo Electric Power Co. official Jun Tsuruoka said only two of the plutonium samples taken yesterday were from the leaking reactors. The other three were from earlier nuclear tests. Years of weapons testing in the atmosphere left trace amounts of plutonium in many places around the world.

Meanwhile, new readings showed ocean contamination had spread about 1.6 kilometres farther north of the nuclear site than before but is still within the 20-kilometre-radius of the evacuation zone. Radioactive iodine-131 was discovered offshore at a level 1,150 times higher than normal, Hidehiko Nishiyama, a spokesman for the Nuclear and Industrial Safety Agency, told reporters.

Amid reports that people had been sneaking back into the mandatory evacuation zone around the nuclear complex, the chief government spokesman again urged residents to stay out.

Yukio Edano said contaminants posed a "big" health risk in that area.

THE ASSOCIATED PRESS

Supply and demand

- A family-owned water company in B.C. says it is working hard to meet Japan's demand for safe essential supplies after shoppers left store shelves high and dry in the midst of the country's nuclear disaster.
- Whistler Water has been selling water to Japan for the last two decades, but saw a huge spike in business over fears that the nation's water supply has been contaminated.
- The company has received an order for 1.4 million bottles since it was announced that Japanese infants should not drink tap water because of concerns about radioactivity.

PAULA BRONSTEIN/GETTY IMAGES

▶ Earthquake victims receive food and clothing distributed by the Japanese Self Defense Force yesterday in Ishinomaki, Japan. Thousands of earthquake victims are packed into various evacuation centres, causing health problems for the elderly and some children to be living in tight quarters with no privacy.

Too big to pass up?

For sale: One aircraft carrier, slightly used.

Britain put the mothballed carrier Ark Royal up for sale yesterday on a military auction website.

The former flagship of the Royal Navy was decommissioned this month, four years ahead of schedule, as part of defence spending cuts. Bidders have until June 13 to make an offer.

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Innovation key to Canada's future: RBC head

Productivity lagging ◗ Governments must balance budgets, businesses must invest in new ventures

Canada could enjoy a "breakaway decade" of economic growth if businesses invest more to improve productivity, the head of Canada's largest financial institution said yesterday.

Gordon Nixon of the Royal Bank of Canada says the country has the potential to outperform the developed world in terms of economic growth and social leadership.

"Our economy has been resilient, the housing market is up, past federal surpluses have provided flexibility, the banking system is stable and corporate tax rates are low," he told the Canadian Club in Montreal.

But Nixon warned that Canada's promise will be realized only if several key shortcomings are surmounted. They include reducing provincial and federal deficits, opening the door to more immigrants and tackling low productivity. Over the past 30 years the productivity gap between Canada and the United States has more than tripled, he said. In particular, he challenged businesses to spend more on innovation.

Governments have helped by cutting regulatory and tax burdens, but Nixon said they must work aggressively to balance budgets. "We cannot let the advantage gained through 15 years of fiscal responsibility slip away," he said.

Meanwhile, Canada should gain a competitive advantage as other countries are forced to boost taxes and cut spending.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 146.66 (13,892.73)	+ 0.54¢ (102.40¢ US)
Oil	**Natural gas**
– $1.42 US ($103.98 US)	1,000 cu ft $4.374 US (– 2.9¢ US) Gold contracts $1,419.90 US (– $6.30 US)

Colour. Bind

▶ New vehicles damaged by the March 11 tsunami sit in a Toyota parking lot in Sendai port, Miyagi prefecture, northeastern Japan.

WALLY SANTANA/THE ASSOCIATED PRESS

Don't paint it black

Many U.S. auto buyers will have limited colour choices for at least a month as crews try to fix a factory damaged by the earthquake in Japan. The plant run by German chemical company Merck KGaA is the only source of a shiny pigment used in many car paints. Ford has told dealers to stop ordering its F-150 pickup in "tuxedo black." Chrysler told dealers it, too, was restricting colour orders.

Netflix to air Paramount films

Netflix has secured rights to all of Paramount Pictures' first-run films in Canada. The five-year deal for premium pay-TV rights means Netflix gets access to films that typically would have aired first on The Movie Network or Movie Central.

The first wave of titles include Iron Man 2 and The Last Airbender, with more than 350 Paramount films to follow. THE CANADIAN PRESS

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NURSING A MAN COLD BACK TO HEALTH

She says ...

JESSICA NAPIER

I rarely get sick. After 25 years of riding public transit and drinking tap water I've developed a pretty resilient immune system.

Even if I do catch a cold you won't hear about it; I'll drag myself to the pharmacy, stock up on a cocktail of sinus medications and get on with my life.

Men, on the other hand, have a much harder time taking sickness in stride. While there is no biological evidence to suggest that a man's stuffy-nose threshold is significantly lower than a woman's, a standard cold or flu turns even the toughest of tough guys into a whining, snivelling baby.

It seems the XY chromosome-inclined don't just suffer from a little case of the sniffles, they tend to contract something much more deadly — a Man Cold.

The symptoms may present themselves as a common cold, but any dude ailing from a Man Cold would have you believe that he is on the brink of death.

"He will try to convince you that he is, in fact, suffering from any number of illnesses (extinct or otherwise) ..."

It doesn't matter if he bench-presses 300 pounds and can unscrew the tightest of jar lids — as soon as the Man Cold strikes he will become a whimpering ball of neediness and snot. He will try to convince you that he is, in fact, suffering from any number of illnesses (extinct or otherwise) ranging from H1N1 to the bubonic plague.

If you are unlucky enough to live with a husband, boyfriend or roommate stuck down by a Man Cold you must prepare to take on a Florence Nightingale-like approach to caregiving.

You will be guilted into cancelling all of your plans in order to rush home and tend to your pyjama-clad patient — meeting his numerous demands for more tea, tissues and blankets. You must sit with him on the couch and spoon-feed him chicken noodle soup while watching mindless sitcoms and touching his forehead every 10 minutes to assure him that he does not have a fever.

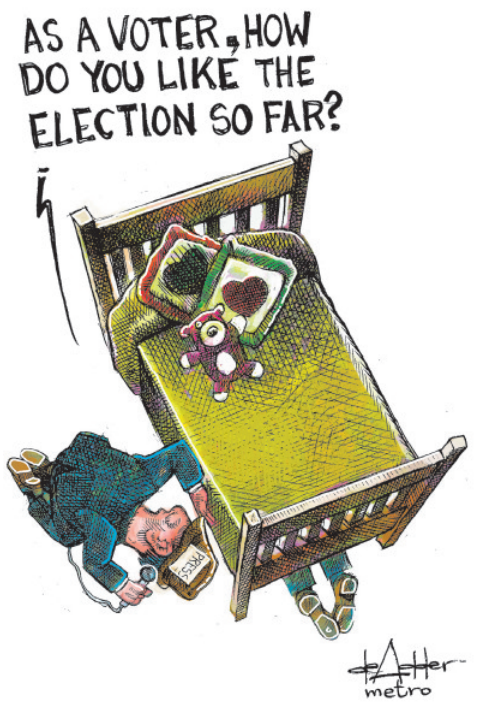
Whenever you do leave the house you will be met with a chorus of desperate whimpering, "Where are you going ... when are you coming back … can you pick up some more orange juice — not the cheap kind but the fresh stuff with all the pulp."

And when you start to feel a little under the weather — as you inevitably will after days of non-stop doting — don't even bother telling him. If you try to play a game of "I'm more sick than you" one-upmanship with a Man Cold sufferer you will always lose.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Robosexuals invade Regina

Worth mentioning

Canadian politics, notoriously devoid of sex scandals, is suddenly abuzz with rumours about amorous robots.

The chatter began with a Global News camera editor who made an eyebrow-raising discovery upon wandering into a Regina hotel while covering Jack Layton's campaign.

When Jamie Butler opened the door to his room in the Hotel Saskatchewan, he saw towels on the floor and items strewn around the room. Things got stranger from there: Sitting on the desk was something that looked like a suit of armour.

A couple of tinfoil limbs lay near the main part of the costume.

And on the back Butler saw a sign that featured a rainbow, two brightly coloured drawings of robots, and the slogan: "Robosexuals."

He snapped a few photos, went to see the manager, and was upgraded to one of the fanciest suites in the hotel.

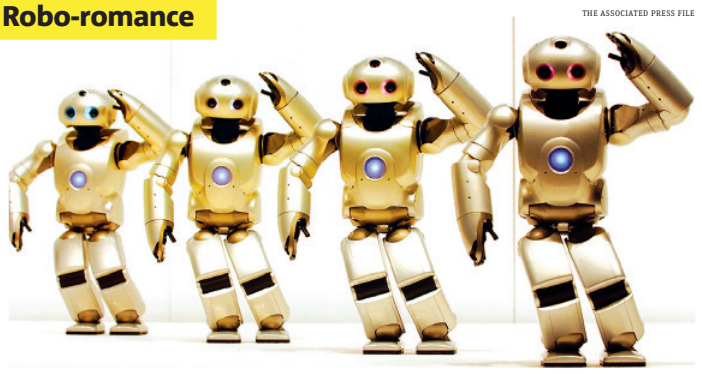
He said the hotel manager was sympathetic when informed that traces of robo-romance were lying around one of his elegant guest suites.

The manager quizzed his guest about whether one of his colleagues on the NDP bus might have been playing a trick, but apparently that was quickly ruled out.

THE CANADIAN PRESS

Robo-romance

THE ASSOCIATED PRESS FILE



Which of the four seasons do you most anticipate?

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Metro Minute with Ottawa Alleyways

Take an eye-opening trip out Ottawa's back door as Cube Gallery (1285 Wellington St. W.) presents Ottawa Alleyways, opening today and running until May 1.

See how eight Ottawa artists explore and depict the city's back alleys, whether quaint or grotty, neat as a pin or scary and sketchy.

Featured artists Jay Anderson, John Jarrett, Strachan Johnston, Olaf Krassnitzky, Pina Manoni-Rennick, Karole Marois, Paul Schibli and Karl Schutt, who collaborated on last year's successful show, Champlain Lookout, have spent the past year walking, haunting and exploring alleys.

Vernissage will be held April 7 from 6 to 9:30 p.m.

METRO

CONTRIBUTED

▶ Painting by Olaf Krassnitzky.

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2 scene

Farmiga knows how to soldier on

Source Code actress talks about emotions and being a good soldier, and how to act when looking straight at the camera

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Actress Vera Farmiga has had some pretty formidable on-screen partners, including Leonardo DiCaprio in The Departed and George Clooney in Up in the Air. But in her latest, Source Code, she spends most of the film speaking into a small camera as she guides Jake Gyllenhaal on a mind-bending mission to discover the culprit behind a commuter train bombing. She sat down with Metro to talk about working with the camera, what makes a good soldier and the importance — or lack thereof — in a character's gender.

Are you a fan of science fiction?
I grew up watching Battlestar Galactica and The Jetsons and Star Trek. But not so much lately, just because I don't often find the characters compelling or relatable. And to me this role is everything I steer clear of as an actress.

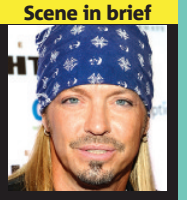
How do you mean?
It's pretty expositional. It's a maddening kind of dialogue for most actors to do. And for me, talking to (director) Duncan (Jones) about the role, to me what then came alive about the role was not so much what is obvious on the written page but what kind of happens in that real estate between the lines. She's a soldier, and she operates like any good soldier does from the start, but the more she gets emotionally involved, the more she operates from her heart — which does not always the best soldier make. There's not room for emotions or getting personal. And I think that's what her job is. She's his navigation device. She takes him by the collar and brings him back on track whenever he veers off.

Did you have trouble playing straight into the camera?
It's a strange technique. Jonathan Demme had asked me at one point during Manchurian Candidate to look straight at it, and it was a sincerely difficult thing to do. Because you're acting with machinery. You don't have anything immediate to react to. Sometimes it's just the twinkle of an eye that gives you an entirely different reaction. Or a twitch or a blink that's a tell of some sort.

It's been mentioned that in earlier drafts of the script, your character was a man.
That doesn't surprise me. It's funny, I was just offered a role in a very big movie, also playing another military personality, and they didn't even have the decency to run it through (screenwriting software) Final Draft and change the gender.

▶ Vera Farmiga stars in Source Code, which opens on Friday.

Scene in brief



Bret Michaels sued CBS Broadcasting and the organizers of the Tony Awards on Friday over a 2009 mishap that resulted in him being hit in the head by a set piece, claiming the accident contributed to a brain hemorrhage that nearly killed him.

The Poison frontman's lawsuit claims he continues to deal with effects from the injury and brain bleeding that left him hospitalized last year.

"Through his sheer will to live, to see his children grow up, Michaels was able to survive this trauma," his lawsuit states.

Michaels and Poison performed at the Tony Awards in June 2009 and the singer suffered a busted lip and broken nose when he was whacked by a piece of scenery.

THE ASSOCIATED PRESS

Nickelodeon adds voice to make youngsters aware of cyberbullying

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Portman transforms

Black Swan
Genre: Thriller
Director: Darren Aronofsky
Stars: Natalie Portman, Mila Kunis, Vincent Cassel
●●●●½

Black Swan is ballet as gladiator contest, where the most vicious antagonists are the warring halves of a dancer's mind.

Her descent into near madness in Darren Aronofsky's bold film seems so real, you fear for the sanity of Natalie Portman, whose portrayal won her Best Actress at the most recent Academy Awards. It thrills to watch her go for it. She's so convincingly fragile as crystalline ballerina Nina, who must summon untapped dark impulses, that viewers may initially be tempted to agree with characters in the film who doubt her transformative ability.

Her overweening mother (Barbara Hershey), her artistic director Thomas (Vincent Cassel) and rival dancers (Mila Kunis and Winona Ryder) all question her aptitude for the dual role of Odette/Odile in Tchaikovsky's Swan Lake.

PETER HOWELL

Fair Game
Genre: Drama
Director: Doug Liman
Stars: Naomi Watts, Sean Penn
●●●●

The headline-derived Fair Game never gets as angry as it might, despite the considerable outrage expended by Naomi Watts and Sean Penn in their roles as American patriots wronged by their government. But that's what makes it interesting. Doug Liman's docudrama is almost shockingly even-handed in the way it depicts how the Bush Administration in 2003 unmasked CIA agent Valerie Plame (Watts), risking her life. PETER HOWELL

Celebrity tweets

Mariah Carey [@Mariah-Carey] So #dembabies really wanted 2 celebrate w/us/share the anniversary! I started having contractions last night..went 2 the hospital

William Shatner [@William Shatner] Facebook disabled my account this weekend as an imposter acct. Now they want me to prove that it's me. Don't they know who I am?

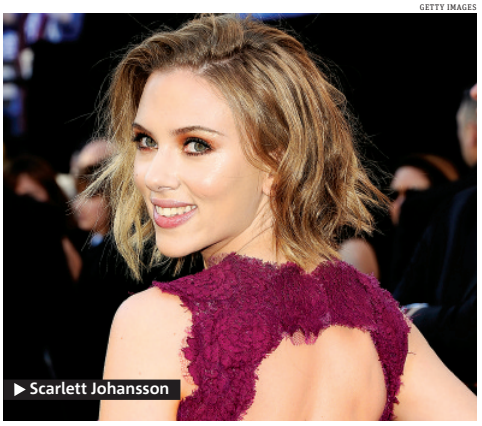
Jason Alexander [@IJason Alexander] Next week, I will ski for the 21st time in my life. Please, dear sweet lord, let there be a 22nd.

Katy Perry [@katyperry] Dear @MTV stop plotting monsters against kittens AKA katycats! We're all EQUAL/ONE! Don't get caught in the irresponsible journalism club! METRO

Johansson takes Penn to wedding

Hollywood superstars attend Witherspoon's wedding together Huge statement confirms rumours

GETTY IMAGES



Scarlett Johansson

It may have been Reese Witherspoon and Jim Toth's wedding this past weekend, but Scarlett Johansson stole the show, according to Popeater.

"Scarlett is Jim's client, but no one, including the bride, knew she would have turned up with Sean Penn," a source says. "Turning up at a wedding with your boyfriend is definitely a huge statement, especially that wedding. What it's doing is announcing to the whole of Hollywood that they are serious."

METRO

GETTY IMAGES

Carey Mulligan

Mulligan cosies up to Mumford

Carey Mulligan appears to be completely smitten with Mumford and Sons singer Marcus Mumford, according to the Daily Mail. The pair has reportedly been enjoying some time off together around England.

"They've also been spending time at Marcus' London home in Shepherd's Bush," a source says.

And with Mumford heading to the U.S. to tour soon, the singer has reportedly asked the Oscar-nominated actress to come along. "He's hired a vintage train instead of a tour bus and has asked Carey to join him for the trip," the source says. "It's early days, but they seem to enjoy each other's company."

METRO

Depp signs on for Gervais show

All is apparently forgiven after Ricky Gervais' skewering of Johnny Depp and his film, The Tourist, at the Golden Globes earlier this year, as Depp has signed on to guest-star as himself in Gervais' new comedy series, Larger Than Life, according to Reuters.

METRO

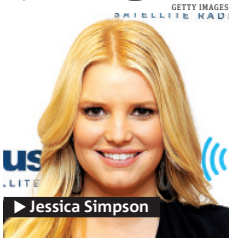
Simpson waiting on call to be an X-Factor judge

Jessica Simpson is still holding out hope Simon Cowell will tap her to be a judge on his new U.S. version of The X-Factor, she tells WWD.

"They have definitely talked to me about X Factor," Simpson tells the website. "I think it would be a lot of fun. It's definitely my life. To be a mentor for up-and-coming artists is right up my alley. I would have loved to have a mentor. I love watching people's dreams come true."

Simpson had previously been gunning for the judge's seat on American Idol that ended up going to Jennifer Lopez. METRO

GETTY IMAGES



Jessica Simpson

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3 life

Surgery

With cosmetic plastic surgery on the rise with men, we asked Toronto plastic surgeon Dr. Wayne Carman what typically motivates them. Turns out, men are usually oriented towards a specific purpose.

"They are more analytical than women," says Carman. "They know what they want and they've been thinking about it for some time. They have a more defined purpose than women."

CELIA MILNE

Sex, exercise can trigger heart attacks in inactive people: analysis of research

ISTOCK PHOTOS

▶ More and more men are now looking for ways to improve their looks.

It's kind of a guy thing

More men going under the cosmetic knife ◐ Baby boomers embracing the traditionally female trend of getting liposuction and facelifts done

CELIA MILNE
LIFE@METRONEWS.CA

Men are having their tummies tucked and their faces lifted like never before. Statistics recently released by the American Society of Plastic Surgeons (ASPS) show that rates of cosmetic plastic surgery are rising in men.

"It's not just a women's world," says Dr. Wayne Carman, a plastic surgeon and medical director of the Cosmetic Surgery Institute in Toronto. "More and more, men are involved in real surgery, not just microdermabrasion. Proper surgical interventions are the next step along that road after buffing and puffing."

ASPS statistics reveal that number of facelifts done on men in the U.S. has risen 14 per cent since last year, and liposuction increased by seven per cent.

While there isn't a body that collects similar Canadian statistics, the groundswell of interest here would be comparable to the U.S., says Carman. He explains what is driving the trend.

"More and more, men are involved in real surgery, not just microdermabrasion"
DR. WAYNE CARMAN

"The baby boomers are passing through the change of life stage. They have relationship issues, employment issues, self-worth issues. Men of that cohort recognize they do need to look more fit and healthy. It is a young workplace."

Plenty of men in their 50s have life circumstances that make cosmetic surgery appealing: a relationship with someone younger, spare time they never had before, and the money to pay for surgery.

"They're not trying to look like a movie star, they're just trying to look younger."

Men tend to need more down time after plastic surgery than women because they are unable to wear makeup during the recovery phase. Early retirement provides them with the time necessary.

"Perhaps they got a package; for the first time, they have three weeks off. That time window is more commonly available."

Surgeries

The American Society of Plastic Surgeons keeps track of cosmetic procedures done in the U.S.

Here are the top five surgeries in men:
1) nose reshaping
2) eyelid surgery
3) liposuction
4) breast reduction in men
5)hair transplantation

Here are the top five less-invasive procedures:
1) Botox
2) Laser hair removal
3) Microdermabrasion
4) Chemical peel
5) Soft tissue fillers

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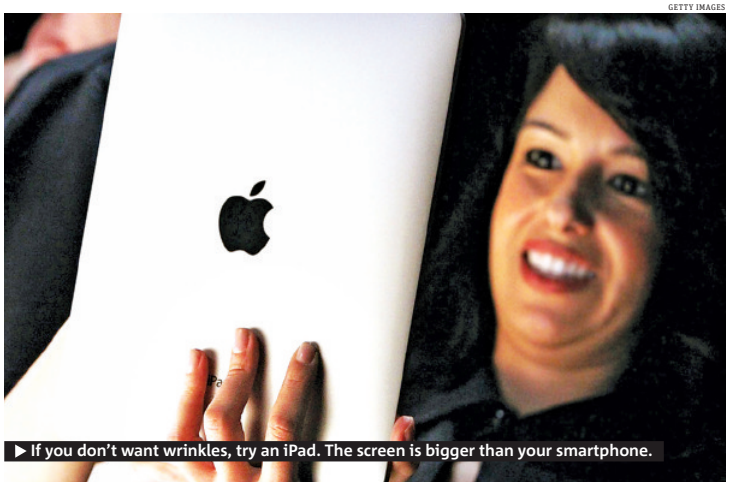

▶ If you don't want wrinkles, try an iPad. The screen is bigger than your smartphone.

Blackberry botox

Squinting while using your mobile may cause lines
We asked two experts their opinions on injections

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Laughter, stress, pollution and age are all factors that cause wrinkles but little did we know that technology was the latest addition to this list. Facialist and skin expert Nichola Joss noticed that her clients were developing a change in the way their facial muscles were behaving as a result of scrutinising the small screen of their iPhone of Blackberry.

There is a natural tendency to squint at the screen when reading messages, creating an area of tension and the development of fine lines and wrinkles around the brow.

Noted cosmetic surgeon Dr. Jean Louis Sebagh says the problem is easily rectified with a bit of light Botox. Joss however believes that non-invasive techniques such as facial massages are enough to correct this imperfection.

THE BOTOX BELIEVER DR. JEAN LOUIS SEBAGH SAYS:

"Yes, Botox will help correct fine lines in the face caused by mobile technology"

"We particularly tend to squint at the screen of hand held devices because they are small and as a result, we frown when we try to read or look at them," he says.

According to Sebagh, the lines themselves are essentially no different than classic wrinkles. Sebagh's clients coming in for this specific Botox are as young as 30.

"From a medical point of view, Botox is a safe and effective method of treating the condition as it can help delay the onset of lines and diminish the lines that do occur."

FACIALIST AND SKIN EXPERT NICHOLA JOSS SAYS:

"No, Botox will just paralyze your muscles and increase tension in the face"

"It's not something I noticed visually, I could just feel how tense the skin was. Talking to my patients, I noticed they all shared one thing in common, smartphones."

"Many people, and they are getting younger and younger, are reverting to Botox to correct so called imperfections but this will have a paralyzing effect," she continues. "If you have had Botox and are a smartphone user and texter, you will be unable to use the correct muscles and others will try compensate."

TECHNOLOGY RELATED HEALTH ISSUES

BLACKERRY THUMB

Furiously and repeatedly tapping away at your mini keyboard with all day can lead to painful swelling in the fingers.

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The tips

LIGHTEN UP YOUR DIET

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Slow water retention: This spring, avoid processed carbohydrates, and foods such as white bread, pasta, rice and potatoes. They create water when they are broken down and the body can retain this fluid. Also avoid salt and eat foods high in potassium to balance electrolytes, like bananas, melon or strawberries.

Banish the bloating: And reduce the gas. Foods that help digestion are yoghurts with natural cultures that give a greater live element to digestion and therefore better digestive processes.

Green nutrients, such as those found in chlorella, wheatgrass, broccoli and spinach, also help.

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A reminder from your eye health professionals:
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Lightening up in the spring

You probably feel happier this time of year Why is that? Metro finds out what makes you feel so good

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

"Winter is a time of death and decay," says Harvard neuropsychiatrist and author of The Emotional Calendar, John Sharp. Sharp has studied how the progress of seasons, along with cultural forces, can profoundly affect us. Spring fever is a real phenomenon, he explains.

"Spring is associated with a significant change in the brain's neurotransmitters affecting our mood and key hormones," he says. "It's a fact that levels of serotonin and dopamine go up naturally this time of year, although we don't know why."

The result is an increase in overall energy, a desire for big life changes and a boosted sex drive (for most people).

"More sunshine and less clothing have shown real physical and chemical changes. Men experience an increase in testosterone and are generally friskier this time of year."

The happier people around you also influence your mood.

"We are affected by our physical and cultural realm — the increase in light and temperature, Easter, summer approaching, all of which makes us feel energized," says Sharp. "Social contagion plays a big role as people are generally more about smiles than frowns, if our friends and family are happier, we're likely to respond to this."

What's the wonder drug that has us all feeling good, en masse? The sun. Dr Alfred Lewy of Oregon Health Sciences University has studied how the shift in sunlight, with the spring transition to daylight saving time, triggers behavioural shifts in the brain.

Longer days, earlier sunrises and a later sunset — along with the fact that sunlight is brighter than indoor light — sends our body a powerful cue that affects its natural rhythm.

Light synchronizes the body clock in the morning. The lack of light in the winter means that some of us don't get this natural re-setting until we are already well into the day.

FLICKR CC WELSHPOPPY

▶ Symptoms of spring fever include spontaneous jumping for joy.

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HANDOUT

▶ Toss the toxic and go natural.

With so many ways to get clean, finding the best all-natural ways can be tricky. What a product says on the front and what the ingredients actually are don't always match up. What are those unpronounceable ingredients? Can they be good for my health?

Reading your labels is the easiest way to decide for yourself. In the meantime, here are some of my favourite chemical free, all-natural beauty-boosters.

1. For brighter, cleaner teeth try Toothsoap.

This product gives a whole new meaning to washing your mouth out with soap. After using this pure stuff you will notice a difference in how your teeth look and feel.

2. For those rough patches use Boo Boo Balm.

Your dry, chafed red skin will thank you for its therapeutic oils. Great for eczema, rosacea, minor scrapes, bug bites and irritations. It's also handcrafted with love, in small batches in Toronto.

3. Cover skin flawlessly with Sukicolor Tinted Active Moisturizing Foundation.

Natural and organic, its sheer tint evens tone and minimizes pores without caking. Anti-inflammatory ingredients reduce the appearance of blemishes and redness, boost collagen synthesis and fight free radicals.

4. For luscious lips use Lip Tints by Colorganics.

Made with organic castor oil and moisturizing organic hemp seed oil, it's a winner — both in look and feel. Use it alone for sheer colour, or layer over lipsticks for added shine or under for added moisture.

5. For everything (it seems) try Superfine Jojoba by MiniOrganics.

Ideal as bath oil, massage oil or moisturizer, MiniOrganic's jojoba is perfect for relieving dry, itchy skin conditions for the whole family, including newborn skin. It's also brilliant as an eye makeup remover.

Join the movement to end toxic usage in our products. Visit environmentaldefence.ca to learn more about the Just Beautiful Campaign, as well as download a free toxic-free product guide.

FOR MORE INFO, VISIT DAILYSQUEEZE.CA.

Thoughts on... Energy

ADVICE. We all need to schedule the time to replenish our energy reserves by doing things that uplift and refresh us.

Whether it's reading a book, taking a bubble bath, getting a pedicure, enjoying a massage, practicing yoga, meditating, sleeping more or any number of other things that can help us manage the ebb and flow of our energy.

We need to learn to become good managers of our energy and stop repeating the mantra "I just don't have the time to care of myself now."

But it's our job to make sure that we have extra reserves at our disposal to deal with family, marriage, kids, work and the pressures of life in general.

Taking care of ourselves is not a liability, but a good investment.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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HOW CAN YOU AVOID AN ABSCESSED TOOTH?

Many of you might have heard of the concept of an "abscessed" tooth. However, you may not really be sure as to what that means.

In its simplest terms, **an abscess of the tooth is an infection**. Like any infection, it can be so mild that you may not even be aware it is there. On the other hand, it can become quite painful as puss may accumulate around the pulp of the tooth, resulting in pressure on the nerve.

Also like any other form of an infection, **it can spread** to other parts of the mouth or throughout the body. Given the potential health consequences associated with a spreading infection, an abscessed tooth is not something to be taken lightly even if it is not causing you any discomfort.

Aside from pain around a tooth, other potential signs of an abscess include **fever, pain when chewing, bad breath, bitter taste in the mouth, swelling in the gums or neck and an open sore.**

If your dentist concludes you have an abscess, the first thing that must be done is that **the infection must be drained**. The most common way to achieve this is through the process known as a **root canal**.

Given an infection was involved, your dentist may prescribe **anti-biotics** to prevent it from spreading. In addition,

Dr. Peter Georgopoulous
Dental Surgeon

pain medication may be needed to alleviate any pain that you may still be experiencing.

In addition to dealing with the infection itself, you may also have to deal with the tooth. As a result of the infection, **the pulp of the tooth may actually have died off**. If that is the case, you will have to consider different treatment options. It may be that the best option for you is an **implant.** For some patients, **crowns** are best. This is a matter that you will need to discuss with your dentist before making any final decision.

Like most other dental conditions, **the best way to treat an abscess is through prevention**! The two **primary causes** of an abscess are **decay and trauma**.

Preventing decay means following a **good oral health regime**. This means **brushing** at least twice per day for a minimum of two minutes each time. It also means **flossing** at least once per day. Adhering to a **healthy diet** is also recommended, as are **regular visits to your dentist.**

Following such a plan can reduce the likelihood of your enamel being compromised. If the enamel is in good shape, it is harder for bacteria to penetrate the tooth and start an infection.

Even healthy teeth are susceptible to infections after some form of **trauma**. If your teeth have experienced such a trauma, you should consult your dentist to make sure that they are not cracked. **Just because YOU cannot see a crack does not mean there is not one there!** Let your dentist take a closer look to make sure there are no small fissures that bacteria might be able to slip through.

It is never pleasant to have an abscess. An abscess is an infection and infections can have troubling consequences. That is why prevention is the best solution. Because preventing an infection is a healthy habit…and healthy habits lead to healthy lives.

Dr. Peter Georgopoulous
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Misto Fine Food Emporium's seating options may be slim but its menu featuring everything from paninis to manicotti makes up for it

SHARI GOODMAN

▶ Veal Manicotti ($8.99)

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

Someone whispered in my ear about this Italian lunch spot just off Kirkwood Avenue called Misto Fine Food Emporium.

With only 12 chairs and four tables, the seating options are slim.

But if you can snag a table, you're guaranteed a delicious homemade meal.

Or, take a Panini to go and pick up a tub of spaghetti sauce or a pan of meat lasagna for dinner at the same time.

I ordered the Veal Manicotti to enjoy in the darkened corner of this store/café. While waiting for my lunch, I sipped a strong espresso served with a lightly almond-flavoured Amaretti cookie on the side.

The manicotti came covered with cheese, doused with basil-scented tomato sauce, and filled with finely textured veal.

It was perfect with a Baci chocolate for dessert claiming "love doesn't make the world go around; love makes the ride worthwhile."

This Veal Manicotti is worth the drive. That's what I know for sure.

Misto Fine Food Emporium
1387 Carling Ave.
613-798-9367
Quick solo lunch: Yes
Social lunch: Yes
Client negotiations: No
Price range: $
Rating: 4.5 out of 5

EMILY RICHARDS

Spicy Tofu and Bok Choy

EMILY RICHARDS
FOOD@METRONEWS.CA

This Spicy Tofu and Bok Choy dish is tasty on its own or served on a bed of rice or noodles.

Preparation:

1. Slice tofu lengthwise into 4 slices and pat with paper towel. In shallow dish, combine flour and sesame seeds. Brush tofu with sesame oil lightly, reserving remaining and coat tofu in flour mixture on both sides.
2. In a non-stick skillet, heat vegetable oil over medium high heat and fry tofu for about 8 minutes, turning once. Remove to paper towel lined plate; set aside. Wipe out skillet.
3. Return skillet to medium heat and add reserved sesame oil. Add bok choy, ginger, garlic and chili paste and cook, stirring gently for 2 minutes. Cover and steam for about 3 minutes. Uncover and remove bok choy to plate with tofu. Add water, soy sauce and rice vinegar to skillet and bring to boil. Whisk in peanut butter until smooth. Return bok choy and tofu to sauce and stir to coat in sauce. Serve with peanuts if using.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- Half pkg (350 g) tofu
- 2 tbsp (25 mL) all purpose flour
- 2 tsp (10 mL) sesame seeds
- 1 tbsp (15 mL) sesame oil
- 2 tbsp (25 mL) vegetable oil
- 3 baby bok choy
- 1 tbsp (15 mL) ginger
- 2 cloves garlic, minced
- 1/2 tsp (2 mL) Asian garlic chili paste
- 1/2 cup (125 mL) water
- 2 tbsp (25 mL) low sodium soy sauce
- 2 tbsp (25 mL) rice vinegar
- 3 tbsp (45 mL) smooth peanut butter
- 3 tbsp (45 mL) chopped peanuts (optional)

A ROYAL MEETING

FAME PICTURES/KEYSTONE PRESS

▶ Kate and William share a laugh at their St. Andrews graduation.

Names:
Kate Middleton, 29, and Prince William, 28

Hometown:
Anglesey, Wales

Together since:
2002

Kate: I actually think I went bright red when I met (William) and sort of scuttled off, feeling very shy about meeting (him). But, um, actually William wasn't there (at St. Andrews University) for quite a bit of the time initially — he wasn't there for Freshers' Week — so it did take a bit of time for us to get to know each other, but we did become very close friends from quite early (on).

Prince William: Well, from my point of view, when I first met Kate, I knew there was something very special about her. I knew there was possibly something that I wanted to explore there. We ended up being friends for a while and that was a good foundation. Because I do generally believe now that being friends with one another is a massive advantage. And it just went from there. Over the years, I knew things were getting better and better, and we went through a few stumbling blocks — as every relationship does — but we really picked ourselves up and carried on ... It is just really easy being with each other; it is really fun. And I'm extremely funny — and she loves that — so it's been good." (Laughing)

AS TOLD TO TOM BRADBY, ITV NEWS

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

Toy tips to boost your kids' money IQ

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Give children money and they will spend for a day, teach them about money and they will be set up for life.

A teacher's lament. Talking in class? Texting in class? Homework excuses? Nope.

Laryssa, a teacher who wrote to me last week is bemoaning how "clueless" her students are about money.

Well, I'm here to help. Easter is coming up and in addition (pun intended) to chocolate bunnies and chicks why not tuck in a game or toy that ups the kid math and money IQ?

One of the very best on-line sources of all things kid is mastermindtoys.com

Not only does it offer a host of items you won't find at the local big box store but there are staff recommendations, detailed descriptions, age and stage suggestions and options for eco-friendly play things.

I challenged them to come up with some ideas to engage young minds and improve the skills needed to compute and understand money.

Here's my top five list distilled from the Mastermind Toys recommendations.

1 Calculating Coin Jar ($17.95 Ages 4 to 6) What child doesn't love collecting. Add to that a coin sorter and you have a real hit. This one calculates the total as you go which is great for early math.

2 Play Currency ($18.95 Ages 4 to 7) Playing store is a favourite activity in the early years and it helps to have money!

3 Decorate You Own Piggy Bank (Ages 6+) Every child needs a piggy and it's even better when they can make it their own.

4 Pretend and Play Cash Register ($64.95 Ages 5-9) Though pricey, I love this toy with lots of bells and whistles including a scale and checkout scanner and it appeals to a broad age group.

5 Aba-Conundrums ($29.95 Ages 9+) This hybrid of abacus and puzzle is not only entertaining but it gets pre-teens to tweens thinking logically as they solve 120 conundrums.

ISTOCK

This Easter, why not include toys that up their math and money IQ.

For parents

For parents and teachers alike the new BMO SmartSteps for Parents is a wealth of money tips, tools and games, bmo.com/smartstepsforparents.

FINANCES AND LOVE

Besides infidelity, the fastest way to end a relationship is to avoid communicating about money. Monetary choices reflect a person's values, like trust or greed, and relationships can only survive if values are aligned. According to Capital One Canada and Credit Canada, eight-in-10 couples fight about money and 48 per cent feel their partner's attitude towards money is different from their own .

Financial incompatibility breaks up the majority of Canadian marriages.

Stop your relationship from hitting the rocks and start talking about money!

Take the team approach. Set aside 20 minutes per week; turn off your phone, be respectful, stick to the facts and avoid finger pointing. Your money talks should focus on building your net worth and coming up with solutions.

Start by learning your partner's financial philosophy. Then, sharpen your money savvy together by reading and discussing financial books like Rich by 40, Smart Couple's Finish Rich, and Millionaire Next Door. Visit personal finance sites like moneyville.ca and finance.yahoo.com.

Create and stick to an agreed-upon budget. This will allow you to spend less time worrying about money, and more time on your relationship. It's a tool to track income and expenses, set boundaries, and support your financial goals. And, rather than being restrictive, incorporate affordable fun. Stick to tried-and-true budget principles - spend less than you make and before you pay bills, save at least 10 per cent for yourself. Swap financial 'chores' and take on new ones each week like paying the bills online, negotiating interest rates, monitoring the budget or collecting receipts to track your spending.

Next, draft a joint financial plan which details goals and strategies for saving, spending, income and asset growth, debt reduction, insurance, estate planning and taxes. Start talking about your dreams for children, homes, retirement, etc; then break your dreams into realistic steps. Always get a second opinion from a reputable financial planner. Though you may not like to deal with financial matters, it's irresponsible to ignore them. You don't want to find yourself in a bad financial position you weren't aware you were creating.

4 sports

Moving. Forward

▶ Roger Federer returns the ball to Juan Monaco at the Sony Ericsson Open tennis tournament in Key Biscayne, Fla., yesterday.

THE ASSOCIATED PRESS

Federer on track for another tournament title in Florida

Two-time Sony Ericsson Open champion Roger Federer and top-ranked Rafael Nadal advanced to the tournament's fourth round yesterday. Federer, who slipped to third in the rankings last week, beat No. 32 Juan Monaco 7-6 (4), 6-4. Nadal, seeking his first Key Biscayne title, never faced a break point and defeated fellow Spaniard Feliciano Lopez 6-3, 6-3.
On the women's side, No. 1-ranked Caroline Wozniacki lost in the fourth round to No. 23 Andrea Petkovic of Germany, 7-5, 3-6, 6-3.

Senators preview

Senators at Lightning
7:30 p.m.
TV: SNET-E
Radio: AM 1200

Ottawa (29-37-10) remains last in the Eastern Conference and has been eliminated from playoff contention. Still, the club had won two straight and four of five before dropping a 5-4 shootout loss on Sunday to Atlanta. Craig Anderson stopped 43 of 47 shots against the Thrashers.

Simon Gagne scored twice Saturday to earn Tampa Bay (40-24-11) a 4-2 win over Carolina. The victory was Tampa Bay's first since a 6-2 decision over Toronto on March 14. Mike Smith stopped 33 shots in goal.
THE CANADIAN PRESS

Scan code for more sports

Ex-lover testifies at Bonds trial

Spends most of day trying to deflect defence's unflattering portrayal of her ◐ Says Bonds 'became increasingly aggressive, irritable, agitated and very impatient' during relationship

Barry Bonds' former mistress testified he blamed a 1999 elbow injury on steroid use and the body and behaviour of baseball's home-run king changed during their nine-year relationship.

Called by prosecutors to the witness stand yesterday, Kimberly Bell choked up as she recalled Bonds once threatening "to cut my head off and leave me in a ditch," an outburst prosecutors attribute to steroid use. The defence portrayed Bell as an unreliable witness, hungry to capitalize on her affair with Bonds, and Bell acknowledged the relationship benefited her financially.

Bonds is accused of four counts of making false statements and one of obstruction for telling a federal grand jury in 2003 — months after his relationship with Bell ended — he never knowingly used performance-enhancing drugs.

Under questioning from Assistant U.S. Attorney Jeff Nedrow, Bell said she asked Bonds about the problem with his left elbow, which she described as "a big lump ... it looked awful." She testified Bonds responded by saying his steroid use caused the injury, because the muscle and tendons grew too fast for the joint to handle.

"It blew out," she said.

Bell said she and Bonds met briefly July 3, 1994, and attended a barbecue the next day. They shared a romantic relationship that continued even after Bonds married another woman in 1999.

Bell said Bonds' sexual performance declined in the second half of their relationship when Bonds bulked up and started posting unprecedented power numbers for the Giants. She said his testicles changed shape and shrank.

Bell testified Bonds verbally abused her starting in 1999, saying he said "he would cut out my breast implants because he paid for them."

Bell acknowledged she was upset and embarrassed when Bonds told her in 1998 he was marrying another woman. She said Bonds told her there were "girlfriend cities and wife cities" and she wasn't allowed to travel with him to New York, Montreal and Atlanta after he married. THE ASSOCIATED PRESS

Bertuzzi ejected in loss to Blackhawks

Detroit's Todd Bertuzzi was called for a five-minute elbowing penalty and a game misconduct in the Red Wings' 3-2 loss against the Chicago Blackhawks last night.

He hit Ryan Johnson in the head 5:17 into the game. Johnson went down to his knees and gloves for a while before slowly getting up. He went off the ice and toward the dressing room, but played later in the first.

It was the type of play that might've gone unpunished before the NHL started crack down on such high hits. THE ASSOCIATED PRESS

Kings lose Kopitar

Los Angeles forward Anze Kopitar will have surgery on his broken ankle tomorrow.

An MRI exam yesterday confirmed the Kings' top scorer will need corrective surgery and be out indefinitely. He was injured in a victory over Colorado last Saturday. THE ASSOCIATED PRESS

MLS practice game tough on Ochocinco

Chad Ochocinco's tryout for a professional soccer team could be nearing an end.

The Cincinnati Bengals wide receiver played 30 minutes in a practice game with Sporting Kansas City of the MLS yesterday. Afterward, he agreed that his conditioning and skills were lacking.

Kansas City coach Peter Vermes said he will meet with Ochocinco today to discuss the five-day tryout.

With the NFL in a lockout, Ochocinco said he would not mind just being a practice player to stay in shape. THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	75	45	20	4	6	238	200	100	21-11-2-4	24-9-2-2	5-1-1-3	L1
dx-Washington	76	44	22	5	5	205	182	98	22-8-2-5	22-14-3-0	8-2-0-0	W1
d-Boston	75	42	23	5	5	226	178	94	18-13-3-2	24-10-2-3	4-4-2-0	W1
x-Pittsburgh	76	45	23	5	3	218	183	98	24-13-2-0	21-10-3-3	8-2-0-0	W4
Tampa Bay	75	40	24	5	6	223	228	91	22-11-1-4	18-13-4-2	3-3-2-2	W1
NY Rangers	76	41	30	2	3	218	181	87	18-16-1-3	23-14-1-0	8-1-0-1	W1
Montreal	76	40	29	4	3	200	196	87	22-11-3-3	18-18-1-0	4-6-0-0	L3
Buffalo	75	38	28	8	1	222	210	85	18-16-3-1	20-12-5-0	6-3-1-0	W3
Carolina	75	35	30	5	5	211	224	80	20-13-2-2	15-17-3-3	4-5-1-0	L1
Toronto	76	34	32	5	5	201	232	78	17-14-3-4	17-18-2-1	5-4-1-0	L1
Atlanta	75	32	31	5	7	210	246	76	17-15-2-5	15-16-3-2	6-3-1-0	W1
New Jersey	75	34	36	3	2	155	189	73	18-15-2-1	16-21-0-2	4-5-0-1	L3
NY Islanders	76	29	35	7	5	210	241	70	16-17-1-4	13-18-6-1	4-3-2-1	L2
Florida	76	29	36	5	6	185	209	69	15-15-4-4	14-21-2-1	3-5-0-2	L5
Ottawa	76	29	37	5	5	175	233	68	14-19-2-3	15-18-3-2	6-3-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	76	50	17	4	5	247	175	109	25-8-1-4	25-9-3-1	9-1-0-0	W3
d-Detroit	75	44	22	5	4	242	213	97	20-12-3-2	24-10-2-2	5-3-1-1	W1
d-San Jose	76	44	23	4	5	224	199	97	21-11-2-3	23-12-2-2	6-1-0-3	W1
Phoenix	77	41	25	7	4	219	212	93	19-13-4-2	22-12-3-2	7-2-1-0	L1
Los Angeles	75	43	26	4	2	207	181	92	23-12-3-0	20-14-1-2	7-1-2-0	W3
Nashville	76	41	25	6	4	202	179	92	22-8-4-3	19-17-2-1	8-1-1-0	W6
Anaheim	75	42	28	3	2	214	217	89	23-12-1-1	19-16-2-1	7-3-0-0	W1
Chicago	74	40	26	3	5	239	204	88	23-15-0-0	17-11-4-4	5-3-1-1	L1
Calgary	77	38	28	4	7	235	226	87	22-12-1-3	16-16-3-4	4-4-1-1	W1
Dallas	74	38	26	4	6	208	210	86	20-11-3-5	18-15-1-1	4-3-2-1	L3
Minnesota	75	35	32	3	5	188	213	78	17-16-2-3	18-16-1-2	1-7-2-0	L8
St. Louis	75	34	32	4	5	212	219	77	21-12-1-3	13-20-3-2	6-4-0-0	W2
Columbus	75	33	31	4	7	200	230	77	16-17-1-3	17-14-3-4	2-5-1-2	L4
Colorado	74	28	38	7	1	207	262	64	15-18-4-0	13-20-3-1	2-8-0-0	L2
Edmonton	75	23	41	2	9	180	249	57	12-20-1-5	11-21-2-3	1-6-1-2	L9

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results
Chicago at Detroit
Colorado at Anaheim
Sunday's results
Vancouver 4 Columbus 1
Atlanta 5 Ottawa 4 (SO)
Boston 2 Philadelphia 1
Pittsburgh 2 Florida 1 (SO)
Tonight's games
All times Eastern
Chicago at Boston, 7 p.m.
Buffalo at Toronto, 7 p.m.
Philadelphia at Pittsburgh, 7 p.m.
Carolina at Washington, 7 p.m.
Florida at Columbus, 7 p.m.
Atlanta at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Minnesota at St. Louis, 8 p.m.
Vancouver at Nashville, 8 p.m.
Los Angeles at Edmonton, 9 p.m.
Dallas at Phoenix, 10 p.m.
Tomorrow's games
N.Y. Rangers at Buffalo, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
Montreal at Carolina, 7 p.m.
St. Louis at Detroit, 7 p.m.
Anaheim at Calgary, 9:30 p.m.

SUNDAY

THRASHERS 5, SENATORS 4 (SO)

First Period
1. Atlanta, Wheeler 16 (Bogosian, Ladd) 4:02
2. Ottawa, Svatos 3, 5:51
Penalties — Z.Smith Ott, Thorburn Atl (fighting) 8:30, Michalek Ott (holding) 10:32, Wiercioch Ott (holding) 16:24, Lee Ott (high-sticking) 19:12, Boulton Atl (roughing) 19:56.
Second Period
3. Atlanta, Little 17 (Wheeler) 10:15
4. Atlanta, Maxwell 1 (Byfuglien, Hainsey) 10:34
5. Ottawa, Neil 6 (Winchester, Wiercioch) 13:37
Penalties — None.
Third Period
6. Atlanta, Stuart 2 (Antropov, Maxwell) 2:08
7. Ottawa, Condra 6 (Spezza, Lee) 7:12
8. Ottawa, Svatos 4 (Kuba, Karlsson) 14:52
Penalty — Wiercioch Ott (hooking) 5:08.
Overtime
Penalties — None.
Shootout
Atlanta wins 1-0
Ottawa (0) — Karlsson, miss; Spezza, miss; Svatos, miss; Shannon, miss. **Atlanta (1)** — Schremp, miss; Little, miss; Wheeler, miss; Ladd, goal.

Shots				
Ottawa	7	11	8	2—28
Atlanta	10	22	13	2—47

Goal — Ottawa: Anderson (L,21-19-4); Atlanta: Mason (W,12-11-3). **Power plays (goals-chances)** — Ottawa: 0-1; Atlanta: 0-4.
Referees — Chris Rooney, Gord Dwyer. **Linesmen** — Brad Kovachik, Jean Morin.
Attendance — 16,392 (18,545).

CANUCKS 4, BLUE JACKETS 1

First Period
1. Vancouver, Ehrhoff 12 (Higgins, Raymond) 7:52
Penalties — Torres Vcr (high-sticking) 2:02, MacKenzie Clb (roughing) 12:59, Higgins Vcr (tripping) 19:08.
Second Period — No Scoring.
Penalty — Hansen Vcr (elbowing) 14:14.
Third Period
2. Vancouver, H.Sedin 19 (D.Sedin, Kesler) 3:36 (pp)
3. Vancouver, Higgins 12 (Kesler, Raymond) 9:03
4. Columbus, Umberger 24 (Vermette) 11:07
5. Vancouver, Higgins 13, 17:36 (pp)
Penalties — Lepisto Clb (tripping) 3:22, Kesler Vcr (goaltender interference) 4:29, Burrows Vcr (hooking) 5:24, Voracek Clb (goaltender interference) 13:35, Vermette Clb (interference) 16:06.

Shots				
Vancouver	7	5	12	—24
Columbus	13	12	15	—40

Goal — Vancouver: C.Schneider (W,15-3-2); Columbus: Garon (L,10-12-5). **Power plays (goals-chances)** — Vancouver: 2-4; Columbus: 0-5.
Referees — Dean Morton, Kevin Pollock.
Linesmen — Vaughan Rody, Greg Devorski.
Attendance — 14,469 (18,144).

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	40	56	96
H.Sedin, Vcr	19	70	89
St. Louis, TB	26	61	87
Stamkos, TB	43	43	86
Perry, Ana	44	41	85
Ovechkin, Wash	29	48	77
Iginla, Cal	36	39	75
Zetterberg, Det	22	53	75
Toews, Chi	30	44	74
Kopitar, LA	25	48	73
Selanne, Ana	25	45	70
C.Giroux, Pha	24	46	70
B.Richards, Dal	25	44	69
Kesler, Vcr	36	32	68
Getzlaf, Ana	18	50	68
Sharp, Chi	34	34	68
E.Staal, Car	31	37	68
Crosby, Pgh	32	34	66
Nash, Clb	32	34	66
Ribeiro, Dal	16	50	66
Ryan, Ana	32	33	65
P.Kane, Chi	25	40	65
Eriksson, Dal	24	41	65
J.Carter, Pha	34	30	64
Marleau, SJ	33	31	64
Vanek, Buf	26	38	64
J.Thornton, SJ	19	46	64
M.Richards, Pha	21	41	62
Tavares, NYI	27	34	61
Pavelski, SJ	18	43	61
Visnovsky, Ana	15	46	61
Briere, Pha	32	28	60
Clowe, SJ	24	36	60
Havlat, Minn	21	39	60
Krecji, Bos	12	48	60
Duchene, Col	26	33	59
Heatley, SJ	24	35	59
Tanguay, Cal	19	40	59
Backstrom, Wash	18	41	59
Lidstrom, Det	14	45	59
Lucic, Bos	30	28	58
Yandle, Phx	11	47	58
Kessel, Tor	29	28	57
Datsyuk, Det	22	35	57
J.Williams, LA	22	35	57
M.Koivu, Minn	17	40	57
Grabovski, Tor	28	28	56
Backes, StL	27	29	56
MacArthur, Tor	20	36	56
Doan, Phx	18	38	56
Ladd, Atl	27	28	55
P.Stastny, Col	20	35	55
Kulemin, Tor	28	26	54
Skinner, Car	26	28	54
Umberger, Clb	24	30	54
Ra.Whitney, Phx	15	39	54
Couture, SJ	30	23	53
P.Bergeron, Bos	22	31	53
Plekanec, Mtl	21	32	53
Elias, NJ	16	37	53
Kovalchuk, NJ	27	25	52
D.Brown, LA	25	27	52
Byfuglien, Atl	19	33	52
O.Jokinen, Cal	16	36	52
Franzen, Det	27	24	51
Dubinsky, NYR	22	29	51
Boyes, StL-Buf	17	34	51
Enstrom, Atl	10	41	51
Hossa, Chi	22	28	50
T.Ruutu, Car	18	32	50
Samuelsson, Vcr	18	32	50
Morrow, Dal	28	21	49
Bourque, Cal	26	23	49
Semin, Wash	26	23	49
Horton, Bos	23	26	49
Benn, Dal	21	28	49
Weiss, Fla	21	28	49
Hejduk, Col	20	29	49
Parenteau, NYI	18	31	49
Leino, Pha	17	32	49
Grabner, NYI	31	17	48
Moulson, NYI	30	18	48
Cole, Car	23	25	48
Steen, StL	18	30	48
J.Jokinen, Car	17	31	48
Purcell, TB	17	31	48
Ehrhoff, Vcr	12	36	48
Letang, Pgh	8	40	48
Callahan, NYR	23	24	47
Ennis, Buf	19	28	47
Recchi, Bos	13	34	47
Wisniewski, NYI-Mtl	10	37	47
Lecavalier, TB	20	26	46
Berglund, StL	19	27	46

Last night's games not included

CRICKET

WORLD CUP

SEMIFINALS

Today's match
At Colombo, Sri Lanka
New Zealand vs. Sri Lanka
Tomorrow's match
At Mohali, India
Pakistan vs. India

MLB

SPRING TRAINING

Yesterday's results
Boston 3, Toronto 2
Baltimore 14, Detroit 9
Minnesota 4, Pittsburgh 3
Cincinnati 9 Chicago White Sox 1
Texas 6 Arizona 4
Florida (ss) 7, St. Louis 0
Philadelphia 7, Houston 6
Seattle 7 Colorado 6
Kansas City 10 Milwaukee (ss) 0
Milwaukee (ss) 5 San Diego 4
Cleveland 4 Chicago Cubs 3
Florida (ss) vs. N.Y. Mets, ccd., rain
Washington vs. Atlanta, ccd., rain
Tampa Bay vs. N.Y. Yankees, ccd., rain
L.A. Angels at L.A. Dodgers
Oakland at San Francisco
Today's games
All times Eastern
NY Mets vs. Wash. at Viera, Fla., 12:05 pm
Det. vs. N.Y. Yankees at Tampa, Fla., 1:05 pm
Tampa Bay vs. Bos. at Fort Myers, Fla., 1:05 pm
Toronto vs. Balt. at Sarasota, Fla., 1:05 p.m.
St. Louis vs. Florida at Jupiter, Fla., 1:05 p.m.
Milw. vs. San Diego at Peoria, Ariz., 3:05 p.m.
Cincinnati vs. Cleveland at Goodyear, Ariz., 3:05 p.m.
Chicago White Sox vs. Kansas City at Surprise, Ariz., 3:05 p.m.
Arizona vs. Chi. Cubs at Mesa, Ariz., 4:05 p.m.
Sea. vs. Colorado at Scottsdale, Ariz., 4:10 pm
Pittsburgh at Philadelphia, 7:05 p.m.
Minnesota at Atlanta, 7:05 p.m.
San Francisco at Oakland, 10:05 p.m.
L.A. Dodgers at L.A. Angels, 10:05 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
Philadelphia	2	0	0	6	2	0
Chicago	1	0	1	4	4	3
New England	1	0	1	4	3	2
New York	1	0	1	4	1	0
D.C.	1	1	0	3	4	3
Toronto FC	1	1	0	3	4	4
Sporting Kansas City	1	1	0	3	5	5
Houston	0	1	1	1	1	2
Columbus	0	1	1	1	1	3

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
Real Salt Lake	2	0	0	6	5	1
Colorado	2	0	0	6	4	1
Los Angeles	1	1	1	4	3	5
Vancouver	1	1	0	3	4	3
San Jose	1	1	0	3	2	1
Seattle	0	2	1	1	1	3
FC Dallas	0	1	1	1	1	3
Chivas USA	0	2	0	0	2	4
Portland	0	2	0	0	1	5

NOTE: Three points for victory, one pt. for tie.
Friday's games
All times Eastern
FC Dallas at Columbus, 7:30 p.m.
Saturday's games
Chivas USA at Toronto FC, 1 p.m.
Sporting Kansas City at Vancouver, 7 p.m.
Houston at New York, 7:30 p.m.
Portland at New England, 7:30 p.m.
Seattle FC at San Jose, 10:30 p.m.
Philadelphia at Los Angeles, 10:30 p.m.
Sunday, April 3
D.C. United at Colorado, 7 p.m.

BASKETBALL

NCAA TOURNAMENT

FINAL FOUR

At Houston
NATIONAL SEMIFINALS
Saturday's games
Kentucky (29-8) vs. Connecticut (30-9)
Butler (27-9) vs. Virginia Commonwealth (28-11)
NATIONAL CHAMPIONSHIP
Monday, April 4
Semifinal winners

TENNIS

ATP-WTA SONY ERICSSON OPEN

At Key Biscayne, Fla.
Men's Singles — Third Round
Rafael Nadal (1), Spain, def. Feliciano Lopez, Spain, 6-3, 6-3.
Roger Federer (3), Switzerland, def. Juan Monaco (32), Argentina, 7-6 (4), 6-4.
Tomas Berdych (7), Czech Republic, def. Carlos Berlocq, Argentina, 7-6 (8), 7-5.
Florian Mayer, Germany, def. Nicolas Almagro (11), Spain, 6-1, 3-6, 6-1.
Olivier Rochus, Belgium, def. Mikhail Youzhny (13), Russia, 1-6, 6-3, 6-3.
Janko Tipsarevic, Serbia, def. Philipp Petzschner, Germany, 6-3, 6-3.
Men's Doubles — Second Round
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto,** def. Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, 6-4, 6-2.
Oliver Marach, Austria, and Janko Tipsarevic, Serbia, def. Bob and Mike Bryan (1), U.S., 7-5, 6-4.
Jurgen Melzer, Austria, and Jurgen Melzer (4), Germany, def. Lukas Dlouhy, Czech Republic, and Paul Hanley, Australia, 6-2, 4-6, 10-6 tiebreak.
Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (7), Pakistan, def. Michal Mertinak, Slovakia, and Dick Norman, Belgium, 7-6 (4), 3-6, 10-8 tiebreak.
Robert Lindstedt, Sweden, and Horia Tecau (8), Romania, def. John Isner and Sam Querrey, U.S., 6-4, 6-4.
Women's Singles — Fourth Round
Andrea Petkovic (21), Germany, def. Caroline Wozniacki (1), Denmark, 7-5, 3-6, 6-3.
Vera Zvonareva (3), Russia, def. Marion Bartoli (15), France, 2-6, 6-3, 6-2.
Maria Sharapova (16), Russia, def. Sam Stosur (4), Australia, 6-4, 6-1.
Agnieszka Radwanska (9), Poland, def. Francesca Schiavone (5), Italy, 6-0, 6-2.
Jelena Jankovic (6), Serbia, def. Anabel Medina Garrigues, Spain, 6-1, 6-3.
Alexandra Dulgheru (26), Romania, def. Peng Shuai, China, 6-3, 6-4.
Women's Doubles — Second Round
Sloane Stephens, U.S., and Yanina Wickmayer, Belgium, def. Bethanie Mattek-Sands and Meghann Shaughnessy (7), U.S., 1-6, 7-6 (9), 10-7 tiebreak.
Shahar Peer, Israel, and Peng Shuai, China, def. Alisa Kleybanova, Russia, and Yan Zi, China, 6-3, 4-6, 10-8 tiebreak.

GOLF

MEN'S WORLD RANKING

Through March 27

1. Martin Kaymer	Ger	7.87
2. Lee Westwood	Eng	7.54
3. Luke Donald	Eng	6.55
4. Graeme McDowell	Nlr	6.19
5. Tiger Woods	USA	5.82
6. Phil Mickelson	USA	5.70
7. Paul Casey	Eng	5.63
8. Rory McIlroy	Nlr	5.44
9. Matt Kuchar	USA	5.33
10. Steve Stricker	USA	5.24
11. Jim Furyk	USA	5.04
12. Dustin Johnson	USA	5.00
13. Ernie Els	SAf	4.73
14. Nick Watney	USA	4.65
15. Francesco Molinari	Ita	4.48
16. Ian Poulter	Eng	4.47
17. Bubba Watson	USA	4.35
18. Hunter Mahan	USA	4.18
19. Retief Goosen	SAf	4.17
20. Robert Karlsson	Swe	4.08
21. Martin Laird	Sco	3.86
22. Louis Oosthuizen	SAf	3.70
23. Tim Clark	SAf	3.67
24. Miguel Angel Jimenez	Esp	3.66
25. Alvaro Quiros	Esp	3.63
26. Justin Rose	Eng	3.60
27. Edoardo Molinari	Ita	3.52
28. Adam Scott	Aus	3.45
29. Charl Schwartzel	SAf	3.44
30. Robert Allenby	Aus	3.39
31. Rickie Fowler	USA	3.19
32. Geoff Ogilvy	Aus	3.19

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	53	19	.736	—
y-Boston	51	22	.699	2½
x-Miami	51	22	.699	2½
x-Orlando	47	26	.644	6½
x-Atlanta	42	32	.568	12
Philadelphia	37	36	.507	16½
New York	35	38	.479	18½
Indiana	33	42	.440	21½
Charlotte	31	42	.425	22½
Milwaukee	29	44	.397	24½
Detroit	26	47	.356	27½
New Jersey	23	49	.319	30
Toronto	20	53	.274	33½
Washington	17	55	.236	36
Cleveland	14	58	.194	39

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	57	16	.781	—
y-L.A. Lakers	53	20	.726	4
x-Dallas	52	21	.712	5
x-Oklahoma City	48	24	.667	8½
Denver	44	29	.603	13
Portland	42	31	.575	15
New Orleans	42	32	.568	15½
Memphis	41	33	.554	16½
Houston	38	35	.521	19
Phoenix	36	36	.500	20½
Utah	36	38	.486	21½
Golden State	32	42	.432	25½
L.A. Clippers	29	45	.392	28½
Sacramento	20	52	.278	36½
Minnesota	17	57	.230	40½

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Last night's results
Charlotte 87, Milwaukee 86
Indiana 107, Boston 100
Orlando at New York
Philadelphia at Chicago
Portland at San Antonio
Washington at Utah
Sunday's results
Atlanta 99 Cleveland 83
Boston 85 Minnesota 82
Golden State 114 Washington 104
L.A. Lakers 102 New Orleans 84
Miami 125 Houston 119
Memphis 111 San Antonio 104
Oklahoma City 99 Portland 90
Sacramento 114 Philadelphia 111 (OT)
Dallas 91 Phoenix 83
Tonight's games
All times Eastern
Miami at Cleveland, 7 p.m.
Houston at New Jersey, 7 p.m.
Golden State at Oklahoma City, 8 p.m.
Phoenix at Sacramento, 10 p.m.

LACROSSE

NLL

EAST DIVISION

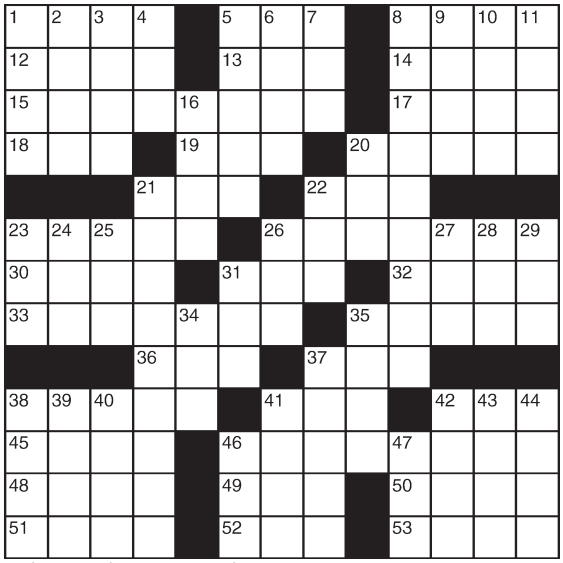
	GP	W	L	Pct.	GF	GA	GB
x-Toronto	12	9	3	.750	141	114	—
x-Buffalo	11	8	3	.727	122	102	½
Rochester	11	6	5	.545	106	117	2½
Boston	13	6	7	.462	133	120	3½
Philadelphia	12	4	8	.333	109	138	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Calgary	12	9	3	.750	153	132	—
x-Washington	12	6	6	.500	155	143	3
Minnesota	11	5	6	.455	124	124	3½
Edmonton	12	3	9	.250	131	160	6
Colorado	10	2	8	.200	89	113	6

x — clinched playoff berth.
WEEK 12
Sunday's result
Buffalo 12 Minnesota 9
WEEK 13
All times Eastern
Friday's games
Washington at Toronto, 7:30 p.m.
Colorado at Edmonton, 9 p.m.
Minnesota at Calgary, 9:30 p.m.
Saturday's games
Toronto at Philadelphia, 7 p.m.
Rochester at Boston, 7:30 p.m.
Washington at Buffalo, 7:30 p.m.
Calgary at Minnesota, 8:30 p.m.
Edmonton at Colorado, 9 p.m.

Crossword



Across

1 Mustard containers
5 Lustrous black
8 Spill the beans
12 "American —"
13 Ordinal ending
14 Corporate symbol
15 Eye shade
17 Secondhand
18 Before
19 Clay, today
20 Poor
21 Street address?
22 Unruly bunch
23 Posts
26 Boris of old horror movies
30 Additionally
31 Repair
32 Verbal
33 Account addition
35 Hackneyed
36 Pooch
37 Massachusetts cape
38 Talkative
41 Stickum
42 Vast expanse
45 Old Italian money
46 Wad
48 Valhalla VIP
49 Moreover
50 Capri, e.g.
51 Seven days
52 Past
53 Measure of meds

Down

1 Agree
2 Hebrew month
3 Judicial garb
4 Crafty
5 Wobbly dessert
6 Needle case
7 Definite article
8 Aristocrat
9 Come in last
10 On in years
11 Corpse
16 Taverns
20 Neither partner
21 Red Cross repository
22 CONTROL Agent 86
23 Frenzied
24 Hearty brew
25 NetZero, for ex.
26 DIY buy
27 Bobby of hockey
28 Enthusiast
29 Soar
31 Newton fruit
34 Sauce source
35 Prepare food
37 Time-share unit
38 Glisten
39 Staffer
40 Soft cheese
41 Group of hoodlums
42 Mediocre
43 Right angles
44 Sheltered
46 Sheep's call
47 Disencumber

▶ Yesterday's answer

A	W	L	■	■	O	W	L	■	P	O	P	E
C	H	A	P	■	P	H	I	■	A	V	O	W
T	A	I	L	■	T	I	L	■	C	A	P	E
S	T	R	A	P	■	G	A	W	K	■	■	■
■	■	■	Y	A	M	■	C	H	E	E	S	E
J	A	V	E	L	I	N	■	O	D	D	L	Y
I	C	E	D	■	D	A	B	■	A	G	U	E
V	E	N	A	L	■	G	O	M	P	E	R	S
E	S	T	H	E	R	■	Y	O	U	■	■	■
■	■	■	U	T	A	H	■	E	N	T	R	Y
I	V	A	N	■	P	I	N	■	C	H	O	U
D	I	S	C	■	I	R	E	■	H	U	L	A
A	N	K	H	■	D	E	W	■	■	D	E	N

Sudoku

4			3		1			
6	2						3	4
	3			4		8		
	1		2	6				5
		5				9		
9				1	5		8	
		6		7			1	
8	9						7	3
			4		6			9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	2	9	3	4	6	8	1	7
6	7	4	2	1	8	9	3	5
8	1	3	9	5	7	4	2	6
1	3	6	7	8	2	5	9	4
2	5	8	1	9	4	7	6	3
4	9	7	6	3	5	1	8	2
3	6	5	8	7	9	2	4	1
7	8	1	4	2	3	6	5	9
9	4	2	5	6	1	3	7	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hey Cupcake Monster, I am so lucky to have you in my life. You take care of me and you always know how to make me laugh and smile. We have awesome chemistry at Tic-Tac-Toe Poker and I love winning with you :P But more importantly, I love you with all my heart xoxo, **YOUR PANDA BEAR**

To my Goldfish,
Hope you have a wonderful day at work. This is my first time doing this type of thing for someone special who I really love. Still this day you give me butterflies and loving you every day. Love you **SPONGE**

King, I think you are a hero on an international scale. And smart and talented and evolved and even cute. Not to mention already broken in. Please please be my boyfriend. You'll have to ask me because I don't know how to flirt.

Today
2°/-7°
Variable
Wednesday
6°/-3°
Partly cloudy
The Weather Network
You have voted us #1 for best forecasts on TV. Thank you Canada!
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Try not to be too much of a perfectionist. Sometimes, the standards you set are almost impossible to reach. The Sun in your sign, along with Jupiter, makes you intensely ambitious but success isn't everything.

♉ Taurus April 21-May 21 Keep what you know to yourself today, especially if it could be dangerous to people in positions of power. There is a time to rock the boat. You'll know when it arrives.

♊ Gemini May 22-June 21 Loved ones know what you are capable of but even authority figures are beginning to realize there is something special about you. You'll make a lot of friends in the next 24 hours.

♋ Cancer June 22-July 22 Cosmic activity in the career area of your chart makes you tremendously ambitious but ambition alone is not enough. Make sure that you devote your time and energy to something that is worthy of your remarkable talents.

♌ Leo July 23-Aug.23 You must be careful that you do not mislead yourself about what is and is not possible. Temper your enthusiasm with a large dose of unnatural caution.

♍ Virgo Aug. 24- Sept. 22 At this time of year, you can't afford to be too independent. Remember, you don't have to like people in order to work with them. It's more important to trust them.

♎ Libra Sept. 23-Oct. 23 You seem to be under pressure at the moment. It will build as the week goes on. You can make life easier by not taking anything too seriously. Focus on having some fun.

♏ Scorpio Oct. 24-Nov. 22 You may have certain obligations but that does not make you a slave to other people's desires. Make sure everyone knows that you retain the ultimate right to say "yes" or "no".

♐ Sagittarius Nov. 23-Dec. 21 Cosmic activity in your fellow Fire sign of Aries means you not only have enough energy to get things done for yourself but for other people as well. Make sure you help those who deserve it.

♑ Capricorn Dec. 22-Jan. 20 Stand back from everyday worries and see your life from a wider perspective. Sometimes, it can be easy to believe that the odds are stacked against you. It simply isn't true.

♒ Aquarius Jan. 21-Feb. 18 You are not in the mood for serious things. So, do what you must as quickly as you can then move on to something that inspires you. Set a limit for the time you spend on chores.

♓ Pisces Feb. 19-March 20 Your main task today is to balance your need for emotional and material security with the need to have a good time. The more you get out and about, the more fun you'll have.

SALLY BROMPTON

Caption contest

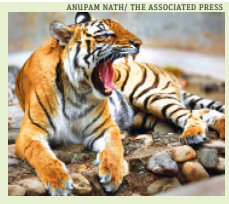
WINFRIED ROTHERMEL/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ANUPAM NATH/ THE ASSOCIATED PRESS



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CUBA | Varadero via Toronto
Allegro Varadero
All-Inclusive • Superior rm. • Apr. 3 & 10 • 1 wk.
$689
Add taxes & other fees: $222
Departure tax: 25 CUC cash, paid locally

CUBA | Cayo Coco/Cayo Guillermo via Toronto
TRYP Cayo Coco
All-Inclusive • Standard rm. • Apr. 2 & 3 • 1 wk.
$699
Add taxes & other fees: $222
Departure tax: 25 CUC cash, paid locally

CUBA | Holguin via Toronto
Playa Costa Verde
All-Inclusive • Standard rm. • Apr. 2 & 7 • 1 wk.
$699
Add taxes & other fees: $222
Departure tax: 25 CUC cash, paid locally

MEXICO | Cancun/Riviera Maya via Toronto
Gran Bahia Principe Tulum PRIVILEGES
All-Inclusive • Standard rm. • June 3, 4, 5 & 6 • 1 wk.
$749
Add taxes & other fees: $275

MEXICO | Puerto Vallarta via Toronto
Barceló Puerto Vallarta
All-Inclusive • Junior suite deluxe • Apr. 7 & 10 • 1 wk.
$999
Add taxes & other fees: $152

ANTIGUA via Toronto
Grand Pineapple Beach Resort
All-Inclusive • Standard rm. • May 8 - 29 • 1 wk.
$1179
Add taxes & other fees: $222
Add $200 for Sat. departures

SAINT LUCIA via Toronto
Coconut Bay Beach Resort & Spa PRIVILEGES
All-Inclusive • Splash deluxe oceanview rm. • May 14, 15, 21, 28 & 29 • 1 wk.
$250 US RESORT CREDIT PER ROOM[1]
$1459
Add taxes & other fees: $113

DOMINICAN REPUBLIC | Puerto Plata via Toronto
Bahia Principe San Juan PRIVILEGES
All-Inclusive • Standard rm. • Apr. 15 & May 14 • 1 wk.
$689
Add taxes & other fees: $226

DOMINICAN REPUBLIC | Punta Cana via Toronto
Occidental Grand Punta Cana
All-Inclusive • Junior suite • May 13, 15 & 27 • 1 wk.
$799
Add taxes & other fees: $226

DOMINICAN REPUBLIC | Samana via Toronto
Gran Bahia Principe Cayacoa PRIVILEGES
All-Inclusive • Standard rm. • Apr. 9, 10 & 17 • 1 wk.
$799
Add taxes & other fees: $226

BAHAMAS | Nassau via Toronto
Sheraton Nassau Beach Resort
Resort view rm. • May 16, 23, 30 • 4 nts.
$889
Add taxes & other fees: $145

JAMAICA
Sunset Jamaica Grande Resort & Spa PRIVILEGES
All-Inclusive • Exclusive renovated standard rm. • Apr. 2 & 9 • 1 wk.
$1089
Add taxes & other fees: $127

JAMAICA
Gran Bahia Principe Jamaica PRIVILEGES
All-Inclusive • Junior suite • Apr. 2 • 1 wk.
$1249
Add taxes & other fees: $127

ARUBA via Toronto
Occidental Grand Aruba
All-Inclusive • Deluxe rm. • Apr. 9 • 1 wk.
$1729
Add taxes & other fees: $201

USA | AIR & HOTEL • 3 NIGHTS

MASSACHUSETTS | Boston
Boston Peabody Springhill Suites By Marriott
Double or twin guest rm. • June 1 - 30
$519
Add taxes & other fees: $118

USA | Washington DC
Capitol Skyline Hotel
Double or twin guest rm. • June 1 - 30
$689
Add taxes & other fees: $120

LAS VEGAS | AIR & HOTEL • 3 NIGHTS

NEVADA | Las Vegas via Toronto

Circus Circus Hotel & Casino
Hotel - tower rm. • May 25
RECEIVE 2 TICKETS TO CIRQUE DU SOLEIL AND MORE[2]
$639
Add taxes & other fees: $139

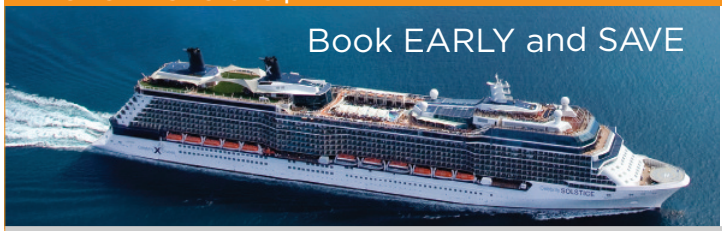
Imperial Palace Hotel & Casino
Deluxe rm. • May 25
$649
Add taxes & other fees: $139

EUROPE | AIR & HOTEL • BREAKFAST • 4 NIGHTS • Receive complimentary transfers and access to Maple Leaf™ Lounge with packages to Rome[3]

SPAIN | Madrid via Toronto
Amaral Sunotel
Double rm. • June 9, 15 & 16
$819
Add taxes & other fees: $416

ITALY | Rome via Montreal
Mercure Roma Corso Trieste
Standard rm. • June 7 & 8
$949
Add taxes & other fees: $413

EUROPE CRUISES | AIR & CRUISE



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